



Club Room Dance Studio Gymnasium (\$) – Paid Class	Monday Hours: 6:00am-8:30pm	Tuesday Hours: 6:00am-8:30pm	Wednesday Hours: 6:00am-8:30pm	Thursday Hours: 6:00am-8:30pm	Friday Hours: 6:00am-7:30pm	Saturday Hours: 8:00am-12:00pm
Summer 2017 Program Schedule <u>Facility Coordinator</u> Vickie Craighead <u>Program Coordinator</u> Allison May <u>Recreation Leaders</u> Andy Bobadilla Ashley Chatman Marquez Foxx Preston Manuel Myk Martin Kiley Pritchard Ann Thornton Jim Walkden <u>Summer Seasonals</u> Travis Bontrager Dexter Gladney Tylisha Sawyers Kennedy Stevenson Deiontae Trotter Tanecia Wells <u>Class Instructors</u> Katherine Correa Shameka Freeman William Graham Andrea Howart Nick Majors Kathy Moore Charturah Smith Nephie Snider Pate Young	7:00-9:00am Adult Open Gym (Basketball) <div>10:00am-4:00pm Summer Day Program Ages 6 to 14 (Must be registered)</div> <div>10:30-11:30am Parkinson's Body Movement Awareness w/ Katherine</div> <div>12:30-1:30pm Vinyasa Yoga(\$) w/ Nick</div> <div>4:00-5:30 Teen / Family Gym Time</div> <div>4:15-5:00pm Creative Movement (\$40) (ages 3-5 years) June 19-July 17</div> <div>5:00-5:45 Pre-Ballet (\$40) (ages 6-7 years) June 19-July 17</div> <div>5:45-6:45 Ballet: Beginning 1 (\$40) (ages 7-8 years) June 19-July 17</div> <div>5:30-6:30pm Boot Camp(\$) w/ Pate</div> <div>6:30-8:00pm Family Open Gym</div>	6:00-9:00am Adult Open Gym (Basketball) <div>10:00am-4:00pm Summer Day Program Ages 6 to 14 (Must be registered)</div> <div>10:00-11:00am Senior Strength(\$) w/ Shameka</div> <div>10:15-11:15am Power Vinyasa Yoga (\$) w/ Will</div> <div>4:00-5:30 Teen / Family Gym Time</div> <div>6:00-8:00pm Pickleball</div> <div>6:30-7:15pm Pound(\$) w/ Kathy</div> <div>6:30-7:30pm Power Vinyasa Yoga(\$) w/ Will</div>	6:00-7:00am Boot Camp(\$) w/ Charturah 7:00-9:00am Adult Open Gym (Basketball) <div>10:00am-4:00pm Summer Day Program Ages 6 to 14 (Must be registered)</div> <div>10:30-11:30am Parkinson's Body Movement Awareness w/ Katherine</div> <div>12:30-1:30pm Vinyasa Yoga(\$) w/ Nick</div> <div>4:00-5:30 Teen / Family Gym Time</div> <div>4:00-5:30 Teen / Family Gym Time</div> <div>5:30-6:30pm Boot Camp(\$) w/ Pate</div> <div>6:30-8:00pm Adult Open ½ Gym</div> <div>7:00-8:00pm Dance Fit(\$) w/ Andrea</div>	6:00-9:00am Adult Open Gym (Basketball) <div>10:00-11:00am Senior Strength(\$) w/ Myk</div> <div>10:00am-4:00pm Summer Day Program Ages 6 to 14 (Must be registered)</div> <div>10:00-11:00am Vinyasa Yoga(\$) w/ Nephie</div> <div>11:15-12:15 Gentle Yoga(\$) w/ Nephie</div> <div>4:00-5:00 Teen / Family Gym Time</div> <div>5:00-8:00pm Badminton</div> <div>6:30-7:30pm Power Vinyasa Yoga(\$) w/ Will</div>	6:00-7:00am Boot Camp(\$) w/ Charturah 7:00-9:00am Adult Open Gym (Basketball) <div>10:00am-4:00pm Summer Day Program Ages 6 to 14 (Must be registered)</div> <div>4:00-5:30 Teen / Family Gym Time</div> <div>6:00-7:15pm Family Open Gym</div> <div>  <small>ESTABLISHED 1901</small> </div>	8:00-10:15am Open ½ Gym (Basketball) 8:00-11:45am Family Open GYM ½ GYM <div>9:00-10:00am Vinyasa Yoga(\$) w/ Nephie</div> <div>10:00-11:00am Senior Strength(\$) w/ Charturah</div> <div>10:30-11:30am Zumba(\$) w/ Shameka ends June 24th</div> <hr/> Membership Fees: <u>Daily Pass (Fitness Center)</u> Adult \$3.00 Youth & Senior \$1.50 <u>10 Pass (Fitness Center)</u> Adult \$20.00 Youth & Senior \$10.00 <u>30 Day Pass (Fitness Center)</u> Adult \$30.00 Youth & Senior \$20.00 Teens 13-17 Senior 62 and up <u>10 Pass Fit Card (Classes)</u> \$30.00 <div>  Sevier Park Community Center </div>

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Sevier Park Regional Community Center

3021 Lealand Lane, Nashville, TN 37204 - 615-862-8466

After School Program – A free program for children ages 6 to 14yearsold. Mon-Fri. 3:00-6:00pm. Registered children participate in sports, arts, games, etc... Lead by Sevier Park staff.

Beginner Ballet

Ballet - Students experience the beauty and discipline of classical ballet in a cohesive program of study that gives students a solid technical foundation, develops their artistry, and prepares them for performance in a professional setting. No experience necessary for Pre-Ballet. Placement in Ballet: Beginning II by Metro Dance teacher recommendation. New students must contact the Dance Supervisor for appropriate placement. ***Students must be the specified age on Aug 15. Instructor: Michal Christian***

Boot Camp - Mixes traditional callisthenic and body weight exercises with interval training and strength training. Boot camp creates a spirit of teamwork and group support and cohesion. This class is designed to push people a little bit further than they would normally push themselves in the gym.

Creative Movement - introduces young children to the joy of dance with a blend of movement, music, rhythm, and creative imagery to help them develop a musical ear, locomotor skills and physical coordination in a developmentally appropriate way, all while having fun! ***Students must be the specified age on Aug 15. No exceptions. Instructor: Michal Christian***

Dance Fit - is a medium-to-high intensity, danced-based cardio fitness class that's FUN. With easy-to-follow choreography & a pop music playlist (Beyoncé, Katy Perry, Usher), you'll experience a challenging workout in a positive & encouraging environment.

Family Open Gym - Time for children and their adults to come together and play in the gym.

Gentle Yoga- designed to center, nourish, and restore the body, mind, and breath. The sweet slow flow is designed to relieve soreness and stress, improve posture, and lengthen commonly tight muscles in order to rediscover balance. Gentle movement is followed by a luxurious, extended savasana with healing essential oils. Leave feeling awakened and refreshed.

Pickleball - is a racquet sport that combines elements of badminton, tennis, and table tennis. Come join the fun!

Pre-Ballet-Students experience the beauty and discipline of classical ballet in a cohesive program of study that gives students a solid technical foundation, develops their artistry, and prepares them for performance in a professional setting. No experience necessary.

Pound - Channel your inner performer & rock your body with this modern-day fusion of movement and music. Using Ripstix-weighted drumsticks engineered for exercise- POUND transforms drumming into an effective full-body workout.

Power Vinyasa Yoga - a powerful, energetic form of yoga where students fluidly move from one pose to the next while connecting their breathing to their movements. It incorporates strength, flexibility, balance, cardio and physical and mental stamina in one session.

Senior Strength - An exercise program designed exclusively for older adults to increase strength, endurance and body conditioning.

Vinyasa Yoga - In this active and lighthearted class, you will transition from pose to pose in a fluid way that moves with the breath. Be prepared to be challenged and to have fun! All levels are welcome!

Zumba - A fitness program that combines easy-to-follow dance moves to Latin music along with other genres of music. Zumba routines incorporate interval training, alternating fast rhythms and resistance training. Burn up to 800 calories in a one hour workout that will have you sweating and loving it!

The Mission of the Metropolitan Board of Parks and Recreation - To provide every citizen of Nashville and Davison County with an equal opportunity for safe recreational and cultural activities within a network of parks and greenways that preserves and protects the region's natural resources.

The Metro Board of Parks and Recreation does not discriminate on the basis of age, race, sex, color, national origin, or disability in admission, access to, or operation of its programs, services, or activities. For TTY (relay service), please call 1-800-849-0299. For questions, concerns, or requests regarding the American Disabilities Act call 615-862-8400.

This schedule is tentative. For more information, contact Vickie Craighead at or 615-862-8466 vickie.craighead@nashville.gov.